

## **ABLE OFFICE FURNITURE LTD.**

### **OPERATING INSTRUCTIONS FOR THE CONWAY C01**

The C01 chair has been designed to cater for a large range of individual seating requirements. It offers a heavy duty asynchronous mechanism with body weight tension control, seat depth adjustment, inflatable lumbar support and fold-down arms. To get the most out of your chair, take some time to familiarise yourself with its functions and operation.

There are 3 levers on the chair located below the seat, on the right hand side (seated position).

1. The front lever on the right hand side of the chair operates the gas lift to enable the user to adjust the seat height. Lifting the lever allows the chair to move down. To raise the seat, lift the lever while simultaneously taking weight off the chair seat. The sitting position can then be fixed by simply returning the lever to its start position. Ideally the feet will rest comfortably on the floor and the thighs will be horizontal. However, the height of the desk and keyboard position will determine the best seat height.
2. The middle lever activates the seat tilt mechanism. By lifting the lever upwards the seat will be released and will tilt forwards and backwards. This can be locked into position by returning the lever upward to its starting point. The exact position of the seat is a matter of personal preference, but it is important to prevent pressure on the back of the legs.
3. The lever at the rear of the chair operates the back movement. Lifting the lever up will release the chair back allowing it to move freely. It can then be locked in the desired position by pushing the lever back down. The back can either be used in a locked position or left floating depending on the task being carried out.
4. The lever at the front left (seated position), operates the seat depth adjustment. To activate lift the lever up while simultaneously sliding the seat forward and down to lock in position. The slider is spring activated so it will move back by itself once the lever is lifted. There should be a gap of approximately 2 fingers width between the back of the calf and the seat.
5. The hand wheel underneath the chair in the centre allows the user to adjust the chair to suit their body weight. Turning the hand wheel clockwise makes the reclining action firmer and turning counter-clockwise makes it less firm. For optimum comfort it is important to adjust the tension control properly to suit the individual's weight.
6. The back pad height is adjustable by placing your fingers under the back pad and lifting. The back is on a ratchet and will automatically drop down when the highest point is reached. Position the back to give the lumbar region most support.
7. The arms are also height adjustable by using the silver button on the outside of the arm. Simply push the button in a lift the arm. Release the button to lock in position. To fold the arm down (towards the back of the chair) there is a silver spigot located at the top of the silver disc on the outside of the arm. Push the spigot in and roll the arm backwards. To return the arm to upright, reverse this procedure.
8. The bulb hanging from the bottom left of the back is to inflate the lumbar support. Squeeze bulb to inflate the support. To deflate, there is a button between the bulb and the stem it hangs on, squeeze this and you will feel and hear the lumbar support deflating. The amount of inflation will depend on individual preference.
9. The chair is designed to accommodate users weighing up to 150kg.
10. The back pad has two integral kidney supports. These are not adjustable and bring lower back relief by keeping the spine aligned in its natural "S" shape.
11. All chairs are built to comply with BS5459 (1990) Part 2.